

In the claims:

Claims 1-10 cancelled.

11. (Currently amended) A golf training apparatus for practicing straight hits, comprising:

an upright rack made of a rigid material; and  
a rod provided on said upright rack and aligned substantially horizontally and parallel to a desired hitting direction, said rod being arranged at a distance to said upright rack such that a golf club is swingable through underneath said inflatable-rod, and while said rack being rigid said rod being inflatable such that touching said inflatable rod by a golfer is harmless and not accompanied by a risk of injuries.